

September 15 - October 5, 2023

Athens Now

information & inspiration

AthensNowal.com



E-MAIL: info@athensnowal.com

ADVERTISING:
Ali Elizabeth: 256-468-9425



See Our Listings Inside this edition...
Pages 25 - 32

Special Feature

Could A 40% Reduction In Dementia REALLY Be This Simple?...
Would you like to reduce your or a loved one's chance of developing dementia-BY 40%?
Could it possibly be as easy and cheap as taking vitamin D?....
Page 5



"Treasures for Everyone"

(256) 426-0300
HOURS: TUES-SAT
10-5 OR BY APPT



116 N. JEFFERSON ST
ATHENS, AL 35611

The 56th Annual Tennessee Valley Old Time Fiddlers Convention: *Great Prizes, Great Performances*

By Ali Elizabeth Turner

The Fiddlers Convention is back with incredible prize money and excellent performances and will be kicking off Festival Season in Athens-Limestone on October 4-7.

Continued on page 15



Clean, Green and Beautiful

With A Little Help From My Friends...
"What separates privilege from entitlement is gratitude."- Brené Brown. This is such a fitting quote for ...
Page 12



PlayAction Sports

Fall Sports In Full Swing...
Congratulations to James Clemens' Jaylen Brown on his football commitment to Missouri and Satchel Wheeler and J.T. Johnson for their baseball commitments to...
Page 16



Coming September 30: *The 17th Annual Shred Day*

By Ali Elizabeth Turner

Seventeen years ago, Family Security Credit Union teamed up with the Better Business Bureau of North Alabama to give the community a chance to have a safe way of disposing of their documents that would serve to lessen the possibility of identity theft. That event was held in the parking lot of the Family Security headquarters in Decatur, and a whole ten people

Continued on page 17



FRAME GALLERY
OF ATHENS

YOUR HOMETOWN FRAMER

FRAMES | MIRRORS | SHADOW BOXES | DRYMOUNTS

256.232.2302

TRACIE@FRAMEGALLERYOFATHENS.COM

125 NORTH MARION STREET, DOWNTOWN ATHENS



MATHEWS LAW




www.Athens-Lawyer.com
256-232-2310
 117 S. Marion Street • Athens, AL 35611

"No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers."

ATHENS ALEHOUSE & CELLAR PRESENTS

ATHENS 3RD ANNUAL GERMAN BIERFEST IN DOWNTOWN ATHENS.



FUN FOR THE WHOLE FAMILY.
 EAT. DRINK. PLAY.
PROST!


ATHTOBERFEST
 SAT - SEPTEMBER - 30TH

111 W. WASHINGTON ST. ATHENS, AL

🇩🇪 🍷 ON THE SQUARE 🍷 🇩🇪

MASSKRUGSTEMMEN COMPETITIONS START AT 7PM

DAV AL 51
 FULFILLING OUR PROMISES TO THE MEN AND WOMEN WHO SERVED James L. Daniels Chapter 51



4th ANNUAL GUN RAFFLE

FIREARM RAFFLE:
 \$10 PER TICKET OR 11 TICKETS FOR \$100
 ALL PROCEEDS GO TO LOCAL LIMESTONE COUNTY DISABLED VETERANS

Prizes:

- 1st Place Sterling Silver Diamond Cut Chain Necklace with Diamond Hoop Pendant and Pair of White Gold .10CTW Diamond Earrings (Larry's Pistol and Pawn)
- 2nd Place Pardus Bull Pup 12 Gauge Semi Auto Tactical Shot Gun with Two Magazines (Larry's Pistol and Pawn)
- 3rd Place Ruger Security .380 (Larry's Pistol and Pawn)
- 4th Place Daisy Powerline Model 35 Pellet Gun (Tractor Supply Athens)

MORE PRIZES WILL BE DRAWN

All guns will be claimed at sponsors facility where a background check will be conducted in accordance with federal law. A failed background check will result in forfeiture of prize and redrawing.

Drawing on Saturday December 2, 2023

LOCATION
 Athens VFW, 18615 Jefferson St, Athens, AL 35611
 Need not be present to win

CONTACT: RANDY WELCHER
 (808) 397-8446 CALL TEXT or Email
 RANDY.WELCHER.ALDAV51@OUTLOOK.COM



BRADFORD'S PAWN & GUN
 ATHENS, AL

Voted #1 Gun Shop 2 years in a Row!
*Source: Athens News Courier

THOUSANDS OF GUNS IN STOCK EVERYDAY!
 GUNSMITH ON SITE!

Downtown Athens ~ 256.233.0016
www.bradfordsgunandpawn.com

RIVER CITY
 ROOFING SOLUTIONS INC.

256-274-8530
WWW.RIVERCITYROOFINGSOLUTIONS.COM

Rocket City Barns Cabins Sheds
 8x12 thru 16x40



Call or Text 256-221-7062 • 7 days

Buy or \$0 Down Rent to Own • No Credit Check
 Payments starting at \$62.78/mo • Free & Fast Delivery to Most Locations

Publisher / Editor
Ali Turner

Copy Editor
Yvonne Dempsey

Graphic Design
Jonathan Hamilton

Web Design
Teddy Wolcott

Contributing Writers

- D. A. Slinkard
- Lisa Philippart
- Anna Hamilton
- Claire Tribble
- Eric Betts
- Deb Kitchenmaster
- Phil Williams
- Roy P Williams
- Jackie Warner
- Nick Niedzwiecki
- Mae Lewis
- Tim Lambert
- John Horton

Athens Now is published every first and third Friday of the month and is a publication of Turning Press, LLC. Reproduction in whole or in part, without expressed written permission of the publisher, is strictly prohibited. Athens Now is not responsible for the content or claims of any advertising or editorial in this publication. All information is believed to be accurate. © Copyright 2007.

Send Inquiries to P.O. Box 428, Athens, AL 35612, or call (256) 468-9425. Emails are preferred, send email to info@athensnowal.com

Contents

- Publisher's Point 3**
- All Things Soldier 4**
- Special Feature 5**
- Calendar Of Events 6**
- What Makes Ronnie Roll . . . 8**
- Rightside Way 10**
- Slinkard on Success 11**
- Clean Green And Beautiful . . 12**
- Cooking With Anna 13**
- Health & Fitness 14**
- Cover Stories 15 & 17**
- PlayAction Sports 16**
- Learning As A Lifestyle 18**
- View From The Bridge 19**
- Horse Whispering 20**
- Mental Health Minute 21**
- Alternative Approach 22**
- Special Feature 24**



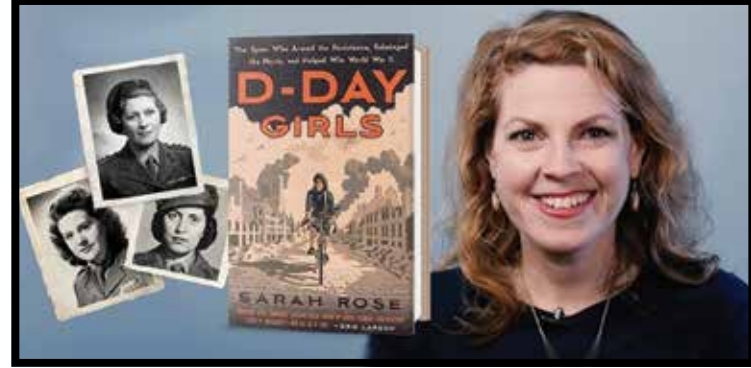
Publisher's Point

D-Day Girls: The Spies Who Armed The Resistance, Sabotaged The Nazis, And Helped Win WWII

In 1942, Britain and all of the free world were facing down the very real possibility of defeat by the Nazis and the terror of living under the boot of der Fuehrer's insane fury. However, Winston Churchill had a plan to defeat Germany that proved to be as effective as the Trojan horse, and at last much of what used to be classified has been turned into a book by Sarah Rose that is entitled *D-Day Girls*. It is written as a novel, but in no way is it fiction. The Washington Post says of the book:

D-Day Girls is scrupulously researched. Rose not only scoured diaries, oral histories, war crime testimonies and declassified military files, she moved to France to learn the language, went parachuting after D-day and studied Morse code so she could immerse herself fully in the lives of her heroines.

The above description of an author's quest for accuracy and understanding people she never met itself speaks volumes. Of even greater curiosity and fascination is how



different the three women discussed in the book were from each other, and yet found a way to come together to be a part of the Greatest Generation, who inarguably by grace accomplished the impossible.

Churchill's plan was to recruit women, some of whom were British citizens who had been born and raised in France and could "pass for being French" because they were. The Office of Special Services, which later became the Central Intelligence Agency, recruited Andrée Borrel, Odette Sansom, and Lise de Baissac, amongst several others, and together they gathered intel, blew up train tracks, parachuted in to France with weapons, and ambushed Nazis.

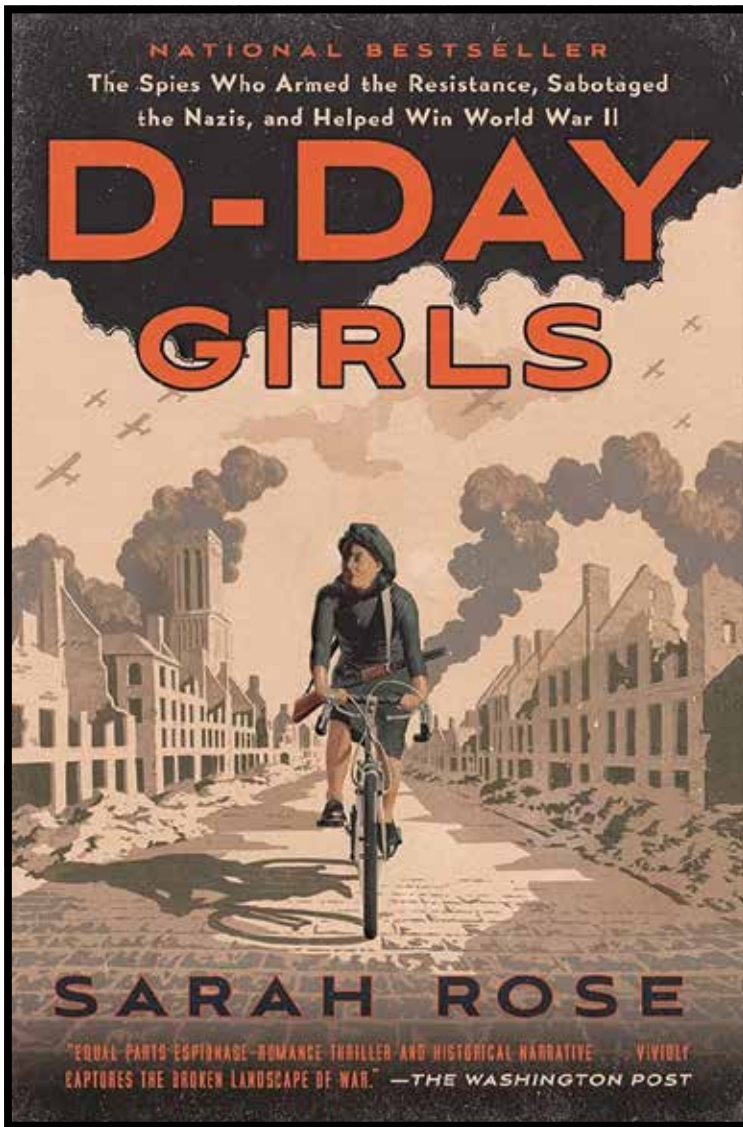
This book is not for the faint of heart, and there is no way that it could be. The Nazis didn't even try to break Andrée because they knew it would be pointless. It is also unnerving to think that Odette Samson was a married woman with children who, like Andrée, ended up being captured and executed by the Nazis. Andrée and Odette were posthumously awarded the highest honors in both France and England for their courage, and the extents of their exploits were documented by

their fellow colleagues in the Resistance both during and after the war.

Lise de Baissac was one of the first women (the other being Andrée) who parachuted into France to help the Resistance. She worked with her brother, Claude, and unlike Andrée and Odette, Lise lived to be nearly 99 years old. After D-day, she actually rented a room behind enemy lines so that she could keep gathering intel. After the war, Lise married an artist and interior designer, and lived in Marseille. I cannot imagine going from being a spy to endeavoring to live a "normal" life after such danger and heroism, but apparently she did. All I know is that once again I am having to fully acknowledge the fact that I owe a generation a debt of gratitude that I will never be able to repay, and I am glad to be reminded once again that the Greatest Generation fully deserves the title.

Ali Elizabeth Turner

Ali Elizabeth Turner
Athens Now
Information & Inspiration
256-468-9425
ali@athensnowal.com
Website:
www.athensnowal.com



athensnowal.com



A Researched, Drug Free Treatment For PTSD With A 90% Success Rate

by Ali Elizabeth Turner



Forty years ago, when the Beirut suicide bombing that took the lives of 220 U.S. Marines and 21 more service members occurred, Mike Suter was blown right out of his bed and got no sleep for the next 60 hours while they dug through the rubble for survivors. That was the official beginning of decades of PTSD events, flashbacks, night terrors, and sleepless nights. Prescription drugs did not help, and Mike had a hard time socializing. Even though he went on to have a career as a USMC major and retired after 30 years, he was an understandably desperate man.

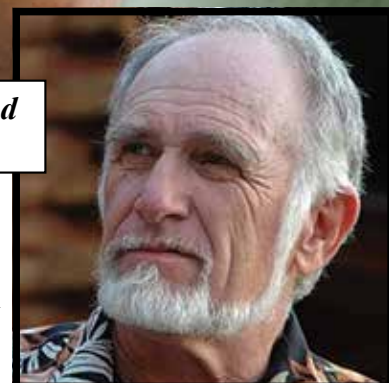
Five years ago, Mike decided to try a therapy protocol known as RTM, which stands for Reconciliation of Traumatic Memories. After the first RTM session, he slept for 8 hours, which for him was unheard of. And since having the rest of the

treatments, Mike will have an occasional "moment" that he has learned to manage quickly. Generally, it takes three 90-minute sessions with someone who is trained in RTM therapy to get lasting results, and all of this is done without psychotropic prescription medication or OTC drugs of any kind. How is this possible? Well, the human brain is a most remarkable creation, and harnessing the power of an organ that was made to recover fully when the right "tools" are used has been proven to work remarkably well.

How did RTM come about? Frank Bourke is a Cornell University lecturer and clinical psychologist who worked with hundreds of survivors of 9/11, and Ground Zero forced upon Frank and several colleagues a situation that demanded they find answers, and find them



Dr. Frank Bourke pioneered in the RTM method through helping 9/11 Twin Towers survivors



fast. It is thought that the original concepts may have been developed by American psychiatrist and psychologist Milton Erickson, and the therapeutic process has since been refined into a protocol that can now be researched. Bourke et al were

dealing with people who would find themselves cowering under tables, hiding under benches in a subway, seemingly being dragged back into the experience, unable to function, and many unable to work.

After the initial group of 9/11 survivors brought such a treasure trove of seemingly miraculous recoveries to the therapeutic world, it was thought that it was time to reach out to the veteran community, first responders, and people who had experienced traumatic events such as assault and auto accidents. Sufferers ranged from Vietnam veterans who have experienced nightmares for a half century, police, firefighters, survivors of a single traumatic event, and people who have experienced decades of abuse in a relationship.

The actual process involves assisting the brain through detailed visualization to "tape over" the incident and re-cast the memory so that it

physically remains and can be recalled, but does not trigger a PTSD episode. The protocol was independently researched between 2015 and 2020, and according to Bourke, boasts a proven 90% success rate. He says, "The RTM Protocol has now been shown to successfully treat PTSD in both military and civilian contexts. It has surpassed the efficacy of mainline treatments in the permanent resolution of PTSD and its symptoms." This is wonderful news indeed, and tidings of great joy. It is safe to say that your nightmare is literally about over, and rejoicing is next!

For more information on RTM, RTM practitioners in your area, and getting trained in the protocol, go to www.thertmprotocol.com.

OPEN **Alabama Biz Finder**
 ... Always Open - 24/7
alabamabizfinder.com

TVC
TENNESSEE VALLEY
COATINGS

Sand Blasting & Powder Coating

Give us a Call: 256-614-2016
www.Tennesseevalleycoatings.com

Could A 40% Reduction In Dementia REALLY Be This Simple?

by John Horton

Would you like to reduce your or a loved one's chance of developing dementia-BY 40%?

Could it possibly be as easy and cheap as taking vitamin D?

Read on.

It has long been widely observed that there is an association between low levels of vitamin D in the blood and dementia. Below is an observation made by the American Academy of Neurology (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4153851/>).

"Recent meta-analyses confirm that low-serum vitamin D concentrations are associated with prevalent Alzheimer disease (AD) dementia and cognitive impairment. This is cause for concern given the high rates of vitamin D deficiency in older adults and continued uncertainty about the causes of AD and other forms of dementia"

What it **does not do** is show that there is a **causal link** -- that is, that vitamin D deficiency actually **causes** dementia, **or** that **taking supplemental vitamin D will lower one's risk of demen-**

tia.

It does raise the question, "Well, if people with low vitamin D levels are more prone to dementia than those with adequate vitamin D levels, what would happen if you took supplemental vitamin D? Would that lower your chances of dementia?"

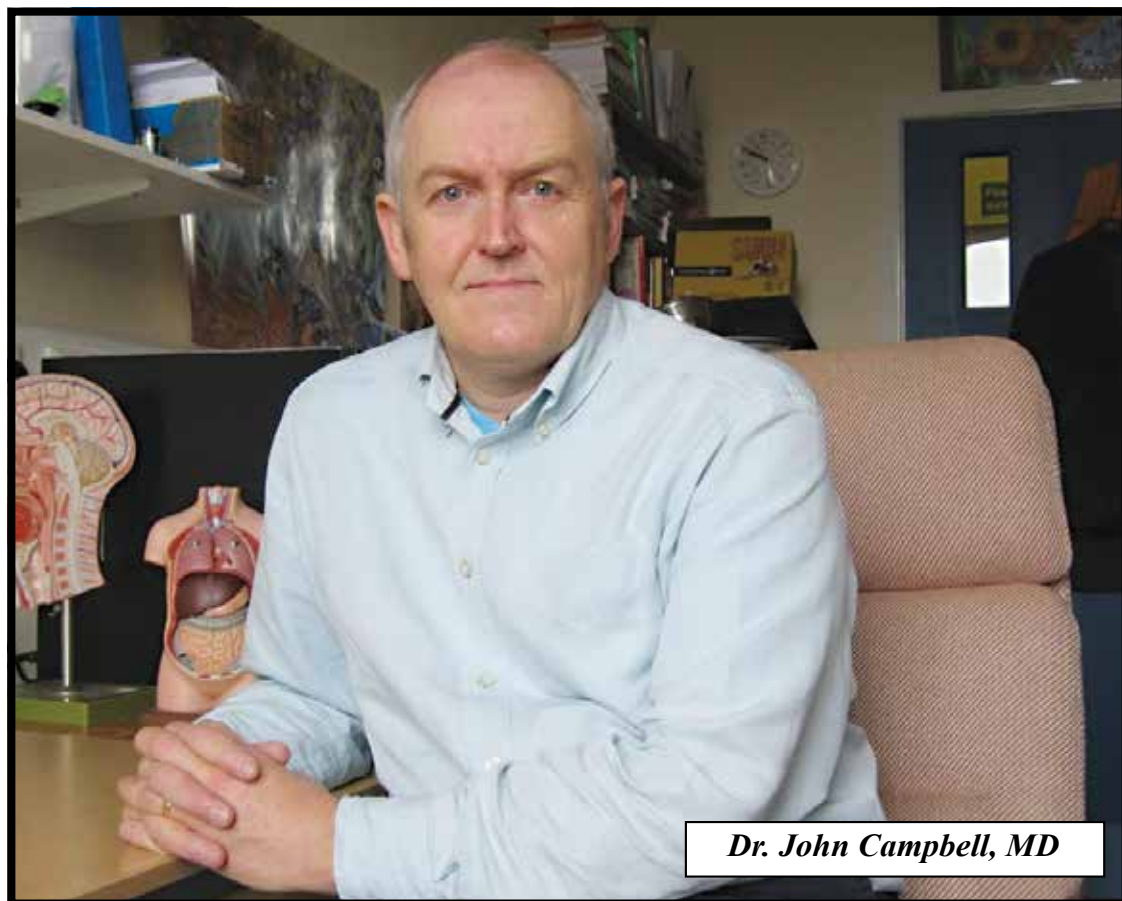
Very logical question. Seems like a common-sense question to me. It apparently seemed like a common-sense question to researchers in Canada also.

What they did was study a group of people in their 70s and 80s, comparing those who took vitamin D to those who didn't. This was no small study. It involved 12,388 people observed over a 10-year period.

Here is a summary statement from WebMD:

"Older people who took the supplement were 40% less likely to develop the disease over a 10-year period, compared to people who didn't take any extra vitamin D."

The study itself is on the Alzheimer's Association website <https://alzjournals.onlinelibrary.wiley.com/doi/10.1002/dad2.12404>. This study only came out re-



Dr. John Campbell, MD

cently, and you can see that it was published in the Alzheimer's Association website, so that ought to give it some weight.

I am hopeful for what this seems to indicate.

Also, there is a medical term known as a risk/reward ratio. In other words, you have to measure the potential risks against the potential benefits for any medication.

Look at vitamin D -- it is easily available over the counter and is inexpensive. There seems to be little risk associated with it using moderate dosing. Actually, there are some studies that show it has benefit for stroke and diabetes patients as well.

No downside...potentially incredible benefit. Is this too good to be true?

For an enjoyable breakdown of the vitamin D benefit study, watch the wonderful and easy-to-follow exposition by one of my favorite physicians, Dr. John Campbell at <https://www.youtube.com/watch?v=-U4CD1uKnZA>.

He is beloved by tens of thousands, he is obviously a highly intelligent and compassionate man, and he explains things so regular folks can grasp them. (And you will also enjoy his British pronunciation of the word

"vitamin.")

Here is a summary of the non-existent risk involved in taking vitamin D -- again by "Dr John" (who by the way doesn't recommend any particular dosage but mentioned that he takes 4000 IU per day.) Of course, you will have to determine that for yourself. It is available in 2000 IU capsules in any pharmacy.

In conclusion, I have dear friends I am losing to this disease. Is it possible it might have been easily prevented? And, for those who are currently battling dementia, is vitamin D supplementation something that can truly help? I am not a medical professional; I am an engineer and a farmer. I know that sometimes just asking questions is all it takes for people to look into a subject deeply, and I am asking you to do so for your sake as well as mine.



Calendar of Events

Silver Sneakers

Every Monday, Wednesday and Friday

Silver Sneaker classes at the Athens Limestone Public Library are now meeting from 1pm to 1:45pm on Monday, Wednesday, and Friday. Classes open to all. Equipment is provided. Donations accepted. More info: 256-614-3530 or jhunt9155@gmail.com.

32nd Annual ASU Alumni Golf Classic September 21

11:30am-4pm. Canebrake Club in Athens. Check-in will begin at 10:30am and lunch will be provided. The event's shotgun start will occur at 11:30am, with dinner from Greenbrier and the awarding of prizes to follow the tournament at the clubhouse. Contact advancement@athens.edu or 256-233-8185 for more info. In the event of rain, the Golf Classic will be held on September 28.

Fall Festival Fundraiser for Owens Volunteer Fire Department September 23

10:00am - 3:00pm. Limestone County Sheriff's Rodeo Arena, Hwy. 99. Cruise-in, Games, Inflatables, Arts & Crafts, Silent Auction, Corn-hole Tournament, Raffles and More.

Athens State Alumni 5K September 30

The ASU Alumni Association will be hosting its inaugural Fiddlers 5K and Kids Fun Run at 7:00 am. The race route will begin and end at Athens State University and will showcase the historic district in Athens including locations such as the famed Donnell House and Beaty-Mason Mansion. The Kids Fun Run is free and will also start and end on Athens State University's campus. Athens State's mascot, Hebrew the Bear, will be present to meet the runners and cheer them on. Participants

Senior Lunch Matinee Series Third Thursdays Monthly

We are back to full speed with our third Thursday Senior Lunch Matinees and first Saturday Early Dinner Shows, already scheduled through Dec 2023. Public events most often will sell out in advance, welcoming attendees from 17 adjacent counties, and 2 neighboring states. Our Senior Lunch Matinees provide guests with a complete lunch including drink and dessert, and a one hour live show featuring one of our roster of 8 of the best regional oldies groups and performers in rotation throughout the year. E-mail reservations are required in advance for all Lunch Matinees and Early Dinner Shows. web: www.yesterdayevents.com

FB: www.facebook.com/YesterdaysEventCenter

for both events are welcome to run or walk their respective courses. Registration is now open. For more information or to register for the race, please visit: www.athens.edu/fiddlers5k

North Alabama Trails & Recreation Outdoor Festival September 30

9:00am - 3:00pm. North Alabama Trails & Recreation will host the second annual NATR Fest at Point Mallard Park on Saturday, September 30th from 9 AM to 3 PM. This all-ages festival will feature your favorite outdoor recreation outfitters and vendors, as well as many organizations and clubs who will be educating and advising guests on how best to enjoy the resources of the area. Enjoy activities provided by the event such as mountain biking, kayaking, rock climbing, and archery. Browse gear at the outdoor gear yard sale. And vote for the best adventure vehicle at the Adventure Vehicle Showcase. Contact Jared Carter jared.carter@amrvrcd.com

Houston Library Nonfiction Book Club October 4

A book club to discuss biographies, memoirs and other nonfiction books will begin meeting October 4th at 10:00 a.m. at the Houston Library. Call 256-233-8770 for more info.

Berea Baptist Welcomes Lauren Talley October 8

Berea Baptist Church in Athens is hosting Lauren Talley on Sunday October 8 at 10AM for a great worship time. Located at 16779 Lucas Ferry Rd, Athens, 35611. Free Admission, love offering. Contact Gary Wilson, 256-497-9763.

Master Gardeners Fall Plant Sale October 21

Limestone County Master Gardeners Fall Plant Sale. 8am to 12pm. Greenhouse behind Athens Middle School. Perennials and shrubs available. 10" potted Mums \$12.00. Website: <https://mastergardeners-limestonecountyalabama.org>. Facebook: Master Gardeners of Limestone County, Alabama

Digital Literacy Classes

Athens-Limestone County Public Library will host a series of Digital Literacy Classes in conjunction with Calhoun Community College & Drake State Community & Technical College. Classes will boost your digital confidence & provide you with skills and training needed in today's job market. Courses include: Computer & Internet Basics, Email, Windows OS, & Microsoft Word®. M-W 9:00 – 12:00 or M-W 1:00 – 4:00. Classes start January 24th. Call us at (256) 306-2830 to learn more.



The UPS Store 

1260 Us Hwy 72 E Ste B
Athens, AL 35611
p: (256) 444-4044
f: (256) 444-4055
c: (706) 289-5110
e: store7250@theupsstore.com
w: theupsstore.com/7250

Hours:
Mon - Fri: 07:30 AM-06:00 PM
Saturday: 09:30 AM-04:00 PM
Sunday: 11:00 AM-04:00 PM

The UPS Store 



THOMAS-JONES AGENCY
AUTO / HOME / LIFE / BUSINESS

605 Hwy 31 S, Suite A • Athens AL 35613
Cell 256 658 2619 | Hours: Mon-Fri 8 a.m.-5 p.m.

Celebrating

35 years

Legacy of Life

WOMEN'S RESOURCE CENTER OF ATHENS



A T H E N S , A L
WOMEN'S
RESOURCE CENTER

256-233-5775 • 24-Hr Hotline
727 Market Street W, Ste. D in Athens
www.savallifeathens.org



IF YOU'LL SET A
FIRM FOUNDATION,

*she'll build her
dreams upon it.*

HELP US BUILD
THE 1ST HOPE HOME

at
Pure Hope Ranch

**BUILDING
HOPE**

SCAN THE QR CODE TO JOIN OUR

matching campaign

and **DOUBLE** your impact !!

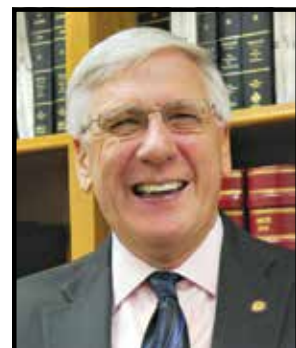
*A generous donor has
committed to match
dollar for dollar any
gift up to \$250,000 total.*



What Makes Ronnie Roll

Days Of Remembrance

by Ali Elizabeth Turner

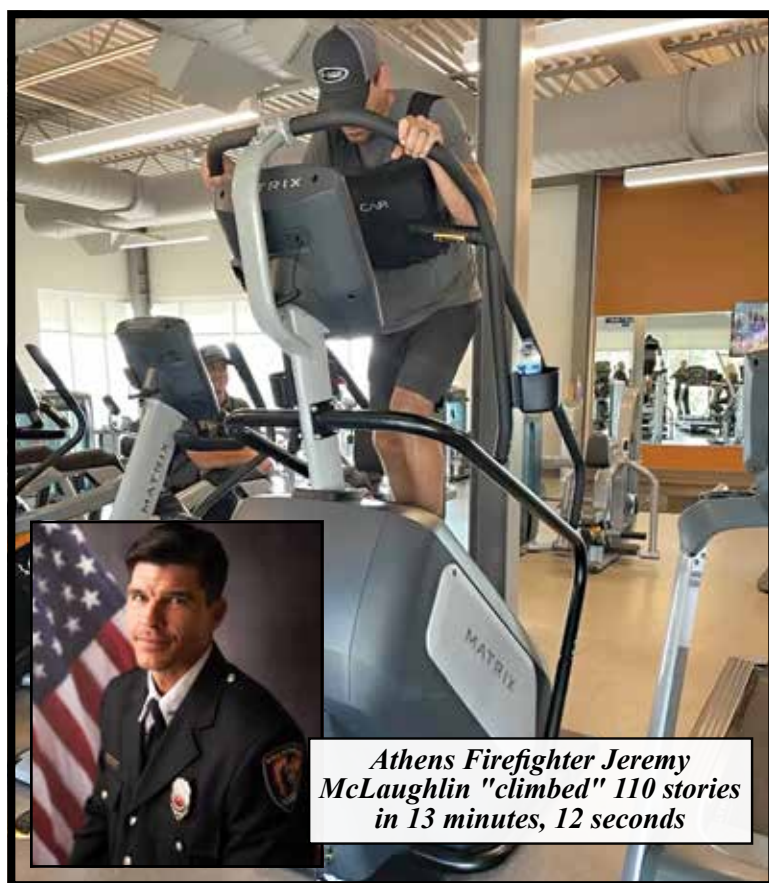


It was Monday, September 11 when we met for our usual appointment. The mayor and Holly Hollman checked to make sure that the colors were posted half-staff, and we began our conversation with all of the wonderful-yet-somber events of the weekend.

The mayor was part of the parade that was part of Super-Heroes Day, which took place in Athens' Big Spring Park on Saturday, September 9, and was dedicated to the young warriors who have battled with childhood cancer, along with their families. Originally it was called Eli's Block Party in memory of Eli Williams of Athens, who passed away in 2017 at the age of 12. He had been diagnosed with cancer at the age of seven, and since then the Block Party has grown to the place that the park is filled with families, kids in superhero costumes, vendors, adults in superhero costumes, food, celebration, and a dogged determina-

tion to remember those who are either battling childhood cancer have completed their battle. Tina Morrison and an extended crew made for a memorable day, and the weather was perfect. "Eli absolutely loved Mustangs," (as in the car) said Mayor Ronnie, and mentioned that there is a car show in his honor each year in the spring.

Also on September 9 was the annual Travis Manion 9/11 Heroes' Run, which was held in Downtown Athens. Nearly 400 people came to "run and remember" not only Travis Manion, who died in Iraq in 2007, but also the first responders who perished in the 9/11 attack on the World Trade Center in 2001. USN Commander Todd Sullivan (Retired) gave the address at the ceremony, and then proceeded to run the race with a "ruck" (added weight in a backpack) after recently having had knee replacement surgery. Commander Sullivan told me with a grin that he knew he hadn't placed



Athens Firefighter Jeremy McLaughlin "climbed" 110 stories in 13 minutes, 12 seconds

but that it still felt good to complete the race. Travis Manion said before he left for his last deployment the now famous battle cry of the organization, "If not me...then who?" Answering that question well serves to give direction and purpose to young and old.

Also in remembrance of 9/11, three Athens Fire Department firefighters, Eli

Boydston, Tyler Helms, and Jeremy McLaughlin completed an arduous challenge that was held at the Sportsplex. They replicated what it would have been like (without smoke, heat, and terror) to run up all one hundred ten stories of the World Trade

Center. They "rucked" as well by adding a vest. Forty-year-old Jeremy McLaughlin came in first, having run the simulated steps (which totaled 2071 steps in a pre-set sequence) in 13 minutes and 12 seconds. "That's just freaky," said Mayor Ronnie in a good way, marveling at the speed Jeremy produced. "This needs to be national news," added the mayor. I told him I would do my part to make it so.

And then that time came again -- we prayed, for our country, for our kids, and for our town, and it was time for Ronnie to roll.


CROWN SERVICE
 Termite & Pest Control
 TERMITES, ANTS, ROACHES, AND OTHER PESTS
 256-631-1168
 crownpest8@gmail.com
 3413 6th Ave. SW Huntsville, AL 35805


Dugger's Florist & Gifts, LLC
 www.duggersflorist.com
 Melinda Dugger
 Owner
 duggersflorist@gmail.com
 800 Hwy 72 East, Suite A
 Athens, AL 38611
 (256) 232-5777


BRAD STOVALL'S AUTO BODY
 Let us get your **BODY** back in **SHAPE!**
 Behind Tanner Post Office • 233-5140



Jim Farej
Owner/Inspector
License # AL HI-4466 TN-2168

Cell: 901.493.7854
inspect.nwal@npiinspect.com
www.npiweb.com/nwalabama



NATIONAL PROPERTY INSPECTIONS
Independently Owned & Operated



PSI

PREMIER STRUCTURES
GENERAL CONTRACTOR
2311 S. Hine Street
232-2092
EST. 1986



McCurry
Van & Car Rental
256-230-0232



Chaj Rondelle Enterprise
Real Estate Solutions

C. Vincent Anderson

2046 Alf Harris Road
Prospect, Tennessee 38477
931-371-7123
chajrondelleentllc@gmail.com



Grant Gilbert
Owner

Gilbert's Jeeps
Sales • Service • Accessories
www.webejeeping.com

6494 Hwy 72 West
Athens, AL 35611
Cell: (256) 777-2436
Office: (256) 729-1980

Turning 65 or new to Medicare?

It's time to get Medicare-ready

Get a free* benefits review from a professional

Whether you have Medicare already or you're taking your first steps toward it, now's the time to learn about what Humana Medicare Advantage plans are available for 2023 and what they offer.

More than a plan

Humana goes the extra mile to help you get the care you need. This is more than health insurance. It's human care.

See why more than 8.7 million people across the country† have chosen Humana Medicare Advantage plans and stand-alone prescription drug plans.

Call a licensed Humana sales agent



Chris Shore
256-321-8498 (TTY: 711)
Monday – Friday
8:30 a.m. – 5 p.m.
cshore2@humana.com

Humana® A more human way to healthcare™

* There's no obligation to enroll.

† Humana Inc. First Quarter 2022 Earnings Release, April 27, 2022. Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. **At Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion or language. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235 (TTY: 711)**. **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **877-320-1235 (TTY: 711)**. **繁體中文 (Chinese):** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **877-320-1235 (聽障專線: 711)**。

“We Need A God-Fearing Gunslinger For Governor”

by Phil Williams



On this 22nd anniversary of 9/11, I hold no illusions that we won't see a crisis again. The question is really “Who will be there to lead us through it?”

This past week, Mississippi Governor Tate Reeves announced via social media that despite all of the COVID-screechers lining up to put masks and mandates in place, “There are some on the left that still want COVID restrictions. Let me say it again – there will be no mask mandates, COVID vaccine mandates, or lockdowns in Mississippi.”

Firm, unequivocal and easily understood. Refreshing really.

Years ago, I told Rick Perry during his presidential campaign, that I wanted a “God-fearing gunslinger” in the Executive Office. Someone who is not faint of heart. A leader who can care about people and direct traffic all at the same time. Someone who operates decisively while listening to wise and carefully selected counsel. An executive who studies the issues deeply but will still hear advice. Someone who will admit mistakes and tell you what it will take to ensure they never happen again.

There's not much of that available in the public arena right now.

But what about our state? We have crisis

opportunities here as well. We are halfway through the final term of Governor Kay Ivey. Cultural, fiscal, and social fights are only getting more intense. The kind of leader we want as the chief executive of the great State of Alabama should already be on our minds because the race will begin right after this current presidential cycle is over.

I have served with inspiring leaders in military, political, and civilian roles. I know that none of the traits we should look for are imaginary. They are real, and when people are in crisis, they are needed. I submit that we need a God-fearing gunslinger to face down the times that we are in.

Having just endured the past few years of COVID, Biden, Afghanistan, BLM riots, and more, I find myself modeling in my mind what I know that we need and deserve in the governor's office. It starts with a simple question: “What should a God-fearing gunslinger governor say or do in a crisis?”

Here's some of my personal checklist:

- In a crisis, we want a leader who will stand up quickly and with steely-eyed confidence say to the people of the state, “We will get through this. We will be here tomorrow.”
- We want a leader who will say “I don't know it all but there are people in

my administration who do, and if they don't, I will find those that can join our team.”

- That kind of governor would not long suffer any fool who let turf wars prevent governmental assets being of good use and would be willing to replace a person of any stature who impeded recovery.

- In a major crisis, the governor we're looking for would meet with the press at least once a week to answer any questions candidly -- the good, the bad, and the ugly -- knowing that the wellbeing of the people is not about appearances or poll numbers.

- A God-fearing gunslinger governor would make known that “following the science” is only one aspect of decision making in crisis management and that considerations of culture, faith, liberty, and law will always be on the table.

- Such a governor would make clear that the government is not the end-all/be-all and would incentivize and galvanize the voluntary support and cooperation of the private sector and the vast resources and capabilities that exist outside of the walls of government.

- We hope for a governor who would refuse to allow politics to play into decisions that affect life, limb, or property -- one who would not let poli-

tics enter into a crisis and negatively affect education and economy. That kind of Governor would openly say that they did not get elected to get re-elected and that doing right ain't that hard.

- That kind of governor would make clear that fear and shame are not tools of their administration. If a behavior is believed best (like getting a vaccine shot), then this leader would point people to it and not blame them for deaths and destruction for which they had no part.

- The governor I'm describing would direct that relief funds must be given liberally to the private sector in a manner that does not have the government picking winners and losers like we've seen in the last few years.

- That kind of governor would make known that any crisis-induced excuse to commit a violation of civil liberties would not be tolerated, and would make the preservation of our individual and corporate rights a priority evidenced by advancing collaborative work with the state legislature and the attorney general regardless of party affiliation.

- And lastly, in a time of crisis, we long for a governor who would walk among the people – eat at their restaurants – frequent their parks – visit their churches – hug their necks and shake their hands – and

if necessary, visit them at the hospital. It is not enough to speak from the safety of the Capitol. A good leader must walk out under fire and exude confidence to those they lead.

So, what do I want from a governor for my state? I want a leader who can and will do all of the above. You show me a governor who will do those things, and I will be their champion! I will donate funds, knock on doors, and extoll their virtues.

Is there a God-fearing gunslinger in our future? I hope so. We need them for such a time as this.

Phil Williams is a former state senator, retired Army colonel and combat veteran, and a practicing attorney. He has served with the leadership of the Alabama Policy Institute and currently hosts the conservative news/talkshow Rightside Radio M-F 2-5 p.m. on multiple channels throughout north Alabama. (WVNN 92.5FM/770AM-Huntsville/Athens; WXJC 101.FM and WYDE 850AM – Birmingham/Cullman) His column appears every Monday in 1819 News. To contact Phil or request him for a speaking engagement go to www.rightsideradio.org. The views and opinions expressed here are those of the author and do not necessarily reflect the policy or position of 1819 News. To comment, please send an email with your name and contact information to Commentary@1819News.com.





Slinkard On Success

Being Intentional Requires MASSIVE ACTION

by D. A. Slinkard

D.A. Slinkard would love your feedback. You can contact him at da.slinkard@gmail.com

The only thing standing between us and 2024 is just a few more months. I commented earlier today that I cannot believe how quickly the days, weeks, and months are passing by. I wish the time would have gone this fast when I was a kid, but it just seemed like time would drag on, which begs the question – Why is Friday so close to Monday and Monday so far away from Friday?

There are many people who are caught in the rat race bouncing from week to week, just barely making it in life and their life is out of control. Does this sound familiar to you? Even for myself, if I am not careful, I can spiral out of control as well. But we must stay in control of our thought process and decision-making. The definition of insanity is doing the same thing over and over again expecting a different result. What is one thing you need to do differently in 2024 than what you are doing now in 2023?

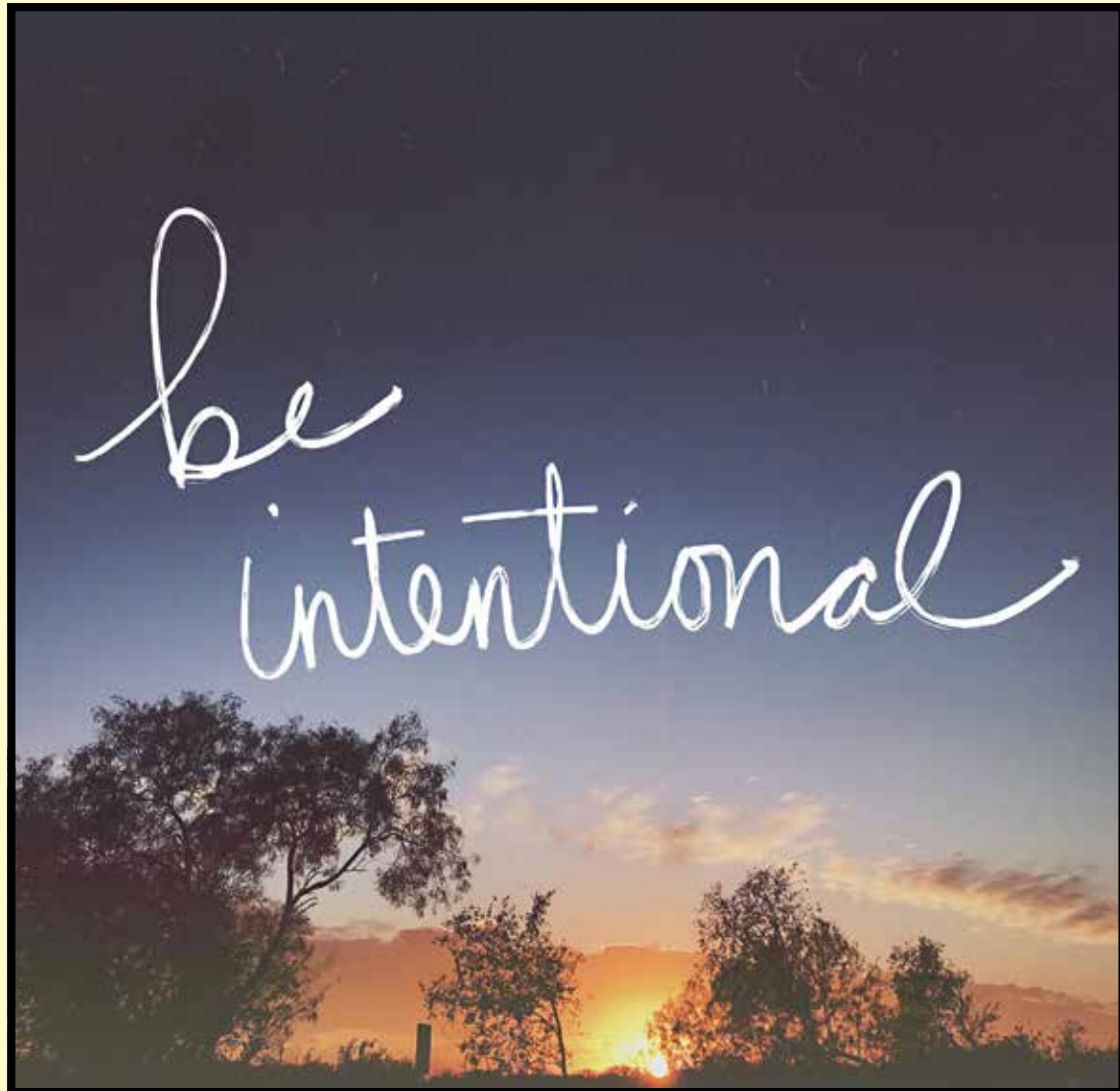
Too many people fail to properly reflect upon what is and is not working in their lives, and this is one of the key reasons people keep repeating the same mistakes year after year. One of the reasons why so many people are living out the definition of insanity is because they want to keep doing things the way they have

always done instead of trying something new. They give the sorry excuse for not changing, “We have never done it that way before.”

We need to be adaptable, and we need to be able to make changes in real time. We need to strengthen our ability to think critically, and we need to do a better job at decision-making. In the nearly seven years I have been writing this column, I have spoken much about goals, clarity of thought, and having the right attitude, but I want you to be thinking about what you need to do to have a successful new year.

For myself, I need to get out of my own way. It seems quite often I end up coming up with an excuse that holds me back from accomplishing what I know I can do. I end up coming up with an excuse that holds me back from accomplishing what I know I need to do. For me, finishing out this year and going into 2024, my intention is to be more intentional. You may be like me where you know what you want to achieve, and you have an idea, but sometimes you have difficulty translating what you are thinking into what you desire to accomplish.

Be more intentional – sounds good, but what does this mean? When I think about being intentional in 2024, I envision myself taking massive amounts of action.



Have you ever been sitting there with the perfect ideas running through your head for how you are going to accomplish something, and then when you grab the pen and paper to take notes, the thoughts abandon you? I cannot tell you how many times I have had this happen, and I cannot tell you how many times I felt like I was just a few thoughts away from having the breakthrough “aha” moment I was seeking. As I sit here writing this column, though, I have determined that in 2024, instead of trying to get

the thought process exactly the way I want, what I am going to do is take massive amounts of action to achieve that which I desire.

I have personal goals I want to achieve, and I know what I need to do to reach these goals. Now, I need to take massive action to hit these goals. The same can be said for my professional goals, my relationship goals, etc.

I know what I want to achieve in every aspect of my life, and now I need to be busy taking the necessary massive actions to hit each

goal. The same can be said for you as well. My recommendation is to know what you want to achieve, map out how you are going to achieve these goals, and then grab some Post-it notes and write these two words, Massive Action, on them.

You will want to place these Post-it notes in highly visible areas that you will see every day. These Post-it notes need to be your reminder of what needs to be done to succeed in 2024. If you want success, it requires taking massive amounts of action every day.



Clean, Green And Beautiful

With A Little Help From My Friends

by Claire Tribble - Executive Director, Keep Athens-Limestone Beautiful



“What separates privilege from entitlement is gratitude.”– Brené Brown. This is such a fitting quote for Keep Athens-Limestone Beautiful. We are a nonprofit organization that relies on the support from Limestone County, the City of Athens, local businesses, and our amazing community who all donate time, labor, and funding. A simple “Thank you” will never be sufficient. Our goal is to make Athens and all of Limestone County a better place for everyone -- the work we do has a positive effect on all residents and visitors.

On August 11, Keep Athens-Limestone Beautiful held an appreciation breakfast for the City of Athens officials, the Limestone County commissioners, and business sponsors that have been unwavering sources of support for us over the past year. Because of them, we are not only able to function as an organization and host litter cleanups throughout the county, but we have been able to have our Earth Day Expo, Household Hazardous Waste Collection, and the Wacky Quacky Ducky Derby.

Why are these events so important? Well, the Earth Day Expo is an event that is FREE to the entire community. We provide educational shows such as Steve Trash, Rockin’ Eco Hero, The Science Guys, and Rise Raptors for children (and let’s be honest, adults too!). We also have crafts that are free to make. Other exhibits such as Scott Clem, an entomologist from the University of Georgia; a petting zoo; Mas-

ter Gardener tips; and the Athens State University Biology Department provide a fun educational experience for everyone. There are so many people in Limestone County that look forward to this event every year. All the credit for the Earth Day Expo goes to the fantastic support from Limestone County businesses and Athens State University.

The Household Hazardous Waste Collection is another event that Limestone County residents look for every year. Because of the Limestone County Commission, we are able to host this drive-thru service FREE of charge for our county. This collection allows for the recycling of and proper disposal of so many harmful chemicals. At the most recent collection in May, we took in fifteen 55-gallon drums of used motor oil. That’s 825 gallons that we were able to keep from contaminating the

ground or water. All of this is possible because of the amazing support we received from the Limestone County commissioners.

The Wacky Quacky Ducky Derby is near and dear to our hearts because it is KALB’s largest fundraiser of the year. We race these crazy rubber ducks down the spillway at Big Spring Memorial Park for the chance to win AMAZING prizes that are generously donated by Athens and Limestone County businesses. The Wacky Quacky Ducky Derby is actually our next event, taking place on October 7 at 4 p.m. You can adopt ducks online, at our office, and at The Fiddler’s Convention! Once again, all of the credit for the success of this event goes to the incredible businesses of Limestone County.

The Tennessee Valley Authority is another major supporter

of Keep Athens-Limestone Beautiful. Without TVA, the outcomes of our river cleanups would not be as grand as they have been! Just this past March, TVA sponsored the Trash Attack River Cleanup along THREE roads that lead to the Tennessee River. The 72 volunteers who offered their time and HARD labor were able to clean up 8,820 pounds of litter. District 3 Commissioner Derrick Gatlin and several members of his crew worked right there with us to get all picked up and hauled off before it was strown about again. This kind of support is what makes the

work we do not only possible, but successful.

Although we know that “Thank you” isn’t enough, we want everyone who has supported Keep Athens-Limestone Beautiful over the years to know that we are ever so grateful for you. And for the businesses that have offered sponsorship for our events, we want you to know that you are the reason we can do the wonderful things we do for all of Limestone County.



(256) 233-8000

KALBCares@gmail.com

www.KALBCares.com



Cooking with Anna

A New Season Is Here!

by Anna Hamilton

Fall is right around the corner. You can feel it in the air; you can smell it in the wind. The boots in the bottom of my closet and the folded sweaters are crying to make an appearance in my wardrobe. Pumpkin spice and everything nice are coming at us from every angle. Most of us are chomping at the bits for cooler weather to settle in.

As humans, we are always looking for what is ahead. We just can't help it. We are hard on ourselves when we are struggling through a season, and we are hard on others as well. It is easy to pass judgement on someone who seems to be in a phase in their lives that may seem unfavorable. In Ecclesiastes 3:1, it

says "To every thing there is a season, and a time to every purpose under the heaven." Every season has a purpose. Every event in our lives has a purpose.

In past articles, I have spoken on enjoying whatever season you find yourself in; I have encouraged you to enjoy the wallpaper in the hallways while you wait. I also encourage you to sit with others when they are waiting in the hallway. Everyone's wallpaper looks a little bit different and should be enjoyed and

continued on page 23

Cauliflower Nachos

Ingredients:

2 small heads cauliflower, chopped

3 Tbsp. olive oil

½ tsp. cumin

½ tsp. paprika

¼ tsp. chili powder

¼ tsp. garlic powder

¼ tsp. onion powder

Salt and pepper to taste

1 lb. ground beef, browned

1 cup Colby-jack cheese, shredded

Salsa

Guacamole

Sour cream

Pickled jalapenos

Lettuce, shredded

Tomatoes, diced



Directions:

Preheat oven to 425 degrees


To a large baking sheet, add cauliflower. Drizzle with olive oil. Sprinkle all over with salt, pepper, cumin, paprika, chili powder, garlic powder, and onion powder. Toss to coat. Roast in oven until tender and golden, 20-25 minutes.

Top with cooked ground beef and cheese. Return to oven until cheese is melted, about 5 minutes more.

Remove from oven and top with your favorite nacho toppings.

Find Your *WHY* For A Healthy Life

by Nick Niedzwiecki - Owner, CrossFit Athens



After doing CrossFit for 7+ years, it's sometimes easy to forget why I do this form of fitness. Why take the time and energy to take care of yourself? What keeps the fire lit inside for years and years? Here's my story and my WHY behind choosing CrossFit to guide me to living a happier, healthier, longer life.

I started working out when I graduated college in 2014 at 22 years old. For my whole life, up to this point, I was overweight, out of shape, and was never happy with the way I looked or felt. I finally decided it was time to make a change; I had no clue what to do. I started working out on my own, following advice from online programs that I thought were helping me. I was able to lose about 40 pounds with this method of working out blindly, and it turned out not to be healthy. I had reached a point where I was not losing any more weight and I was confused, "I'm working out, not eating much food, what could I be doing wrong?"

This is when I found CrossFit and began to learn about all the things I had been doing wrong so far on my journey. With the help of my CrossFit coaches, I was able to lose an additional 60 pounds to reach a goal I had set for myself many years before, to lose 100 pounds. The knowledge I gained from joining my first CrossFit box is something that I

can take with me for the rest of my life.

Throughout this whole process, staying committed to my WHY is what kept me on course. My WHY was to live a better life for myself in a body that I could be proud of, this WHY got me to my goal. Now that I had reached my goal, what would be next? This is when I decided to take the CrossFit methodology and open CrossFit Athens. Since opening in August 2019, we have had the privilege of helping hundreds of members learn new and different ways to approach their health and fitness goals.

Our gym is far from your traditional globo (conventional) style facility with machines and tread-



mills lining the walls. We have open floor space, we perform movements you may not have done since gym class, jump rope, burpees, running, rowing, squatting, deadlifting, and many, many more. We use our bodies

in the way they were designed to be used in life. We were not meant to be stationary and sedentary beings.

So if you're looking for something new, whether currently working out or looking to start your

journey, please reach out to us at info@crossfitathens.com to schedule your FREE consultation. We look forward to meeting you and helping you navigate your new happier, healthier, longer life.



The 56th Annual Tennessee Valley Old Time Fiddlers Convention: Great Prizes, Great Performances

by Ali Elizabeth Turner

continued from page 1

Besides all the authentic old-timey music, dancing, singing, food, arts, crafts, and strengthening of a far-flung niche community, the purpose of the convention is to raise scholarship money for Athens State University students. People come from all over the country and sometimes other nations to attend, and the Airstream Rally is back this year in force. They will be camping in the softball field on Elkton Street. "Airstreamers" who wish to come and stay for the festivities can get more information on the rally at athensairstreamrally@gmail.com, and each year, some convention attendees stay through for the Storytelling Festival. Chris Latham of Athens State University told me recently that "most years between 10,000 and 12,000 people attend." Chris is Athens State's chief marketing officer, and is also an alum, so he understands the need to help out students, (especially when it comes to music education) and knows that "The Granddaddy of All Fiddlers Conventions" is the perfect way to do it.

A dedicated crew at Athens State University, along with several generous community businesses, individual donors, and musicians have worked since the moment last year's festival was over to make the 56th convention better than ever. Chris also told me that the prize money purse will be a total of \$47,350, with eight prizes in each of 20 areas of competition. Once again, the presenting sponsor is Aetos Systems, and Bank Independent is making it possible for convention attendees to win \$500 on Thursday night,



\$1,000 on Friday night, and \$1,000 on Saturday night. Tickets for Friday only are \$20, the same for Saturday only, and the whole weekend is \$25 for adults. Kids under 12 with a paid adult are free. The ticket is good for all convention entertainment, events, activities, and one competition. When you consider the fact that concert prices are sometimes in the hundreds of dollars, 25 bucks for the whole weekend and kids getting free with an adult is a monster bargain. In addition, there are group discounts available. New this year is an added free performance night. Wednesday and Thursday nights there will be the free concerts, and no admission ticket is required. On Wednesday night, a gospel concert is being given by the Appalachian Roadshow. That concert will begin at 7 p.m., and while food trucks will be available on Wednesday night, vendors will not begin selling

their wares until Thursday night. Clearview Bluegrass, the grand prize winner of the Bluegrass Band category in 2022, will be performing Thursday night at 6:30, and Appalachian Roadshow will take the stage at 7 p.m. with their bluegrass concert. The featured performance for Friday at 6 p.m. is the group The Grascals, and at 7 p.m. on Saturday it's The Dan Tyminski Band. Dan was the performer of "Man of Constant Sorrow" in the movie *Oh, Brother Where Art Thou?* On Saturday at 1 p.m., in Kares Library on the Athens State campus, there are going to be free workshops that will help you improve your fiddle, banjo, and guitar skills. There will also be a store where you can purchase handmade instruments of all kinds in the Sandridge Hall Ballroom. Competitions start Friday night and conclude Saturday night. In order to keep things from going too late,

there will be competitions occurring simultaneously on the Founders Hall platform and in McCandless Hall. There will be 8 awards given in each category, with a cash prize given for each. There are 20 categories of competition, which besides several fiddle and guitar categories, also include harmonica, mandolin, bluegrass banjo, Dobro, dulcimer, old-time singing, old-time banjo, and Appalachian buck dancing. What else is there besides an opportunity to be immersed in a musical art form that is uniquely American for two days? Well, there are all kinds of handcrafted and artisan wares, jewelry, quilts, books, wooden toys, artwork, coal-fired iron work, and several handmade instruments. There will be all sorts of vendors present as well, and all of the vendor spaces are taken. Don't forget the food! Every type of food vendor and truck will be on board to feed the attendees

beginning Wednesday night. Everyone needs to bring their own lawn chairs, rain gear, and umbrellas in case the weather is uncooperative; hopefully, that won't be necessary. Fiddlers is finally almost here, and you and your family need to make sure you get a chance to tap your toes, clap your hands, and sing your hearts out from October 4-7. Tickets can be purchased online at www.TVOTFC.org or www.eventbrite.com. See you there!





PlayAction Sports

Fall Sports In Full Swing

by Tim Lambert

Tune in for the PlayAction Sports Update, three times each weekday on 1080 AM WKAC. Visit us online at www.pasnetwork.net! email: playactionsports@hotmail.com



Congratulations to James Clemens' Jaylen Brown on his football commitment to Missouri and Satchel Wheeler and J.T. Johnson for their baseball commitments to Snead State. Athens High's Spencer Dowland also committed to Auburn football.

Football highlights

- Athens 63,
- East Limestone 14
- Athens JV 20,
- East Limestone 6
- Athens 35,
- Bob Jones 28
- Athens 44,
- Decatur 16
- Clemens 46,
- Holly Pond 12
- Clemens JV 12,
- Elkmont 0
- Clemens MS 22,
- Elkmont 6
- East Limestone JV 22, Ardmore 14
- East Limestone MS 22,
- Ardmore 6
- Elkmont 30,
- Sheffield 29
- Elkmont 64,
- Brindlee Mountain 0
- Elkmont 44,
- Phil Campbell 22

- James Clemens 26,
- Gardendale 21
- James Clemens FR 36,
- Grissom 8
- James Clemens JV 13,
- Grissom 0
- James Clemens 40,
- Bob Jones 13
- Tanner 74,
- Tharptown 8
- West Limestone 16,
- Ardmore 7
- West Limestone 29,
- Clemens 26 (2OT)

Volleyball highlights

- Calhoun defeated Gadsden State, Lawson State, Beville State, Snead State, Itawamba, Pearl River, Northeast Mississippi, Northwest Mississippi, and Coastal Alabama-South.
- Athens Bible School defeated Oakwood Adventist, and Colbert Heights.
- Ardmore defeated Clemens, Westminster, West Limestone, and Rogers.
- Athens defeated Hartselle, Hatton, Deshler, Cullman, Russellville, Wilson, East Lawrence and Columbia, East Lawrence, and Vinemont.

Clemens defeated Lindsay Lane, Deshler, Lexington, Ardmore, and West Limestone.

East Limestone defeated ABS, Elkmont, Columbia, Randolph, Ardmore, Murray County (TN), and Westminster.

Elkmont defeated Tanner, ABS, Sheffield, Falkville, and East Lawrence.

James Clemens defeated Randolph, Sparkman, and New Hope.

Lindsay Lane defeated Rogers, Randolph, Alabama School of Cybertech, and Tanner.

West Limestone defeated East Limestone, Elkmont, Tanner, ABS, and Colbert Heights.

Cross Country results

Calhoun teams finished third at the UNA Invitational; the men were led by Thomas Ross' time of 29:01.6, while Daisy Hernandez ran a 21:32.3 to lead the women. James Clemens' Luke Alverson was first in the varsity boys division at the Spain Park Twilight Meet; Kylie Gero was run-

ner-up in varsity girls. At the Brooks Tennessee River Classic, Athens High's Catherine Johnston won the varsity girls' 5A-7A race, Cayden Smith was second in JV boys, Kaylie Key of ABS was 3rd in 1A-4A varsity girls, while Ethan Barnes was first in JV boys, and West Limestone's Harmony Ross led the pack in JV girls.

At the Chickasaw Trails, James Clemens' Luke Alverson placed 5th in the boys' large school division; Kylie Gero was 10th on the girls' side. Ardmore's Addison Tiemann won the girls' high school division at the Firehawk Invitational with Athens Bible School's Kaylie Key in second. Elkmont's Andy Hinkle and Daniel Christ finished 2nd and 3rd in high school boys.

5K runs

Andy Hinkle of Elkmont was first in males 10-14 at the Swing Through 5K at Calhoun, Christel Kennedy and Justin Shelton of Athens won in their respective 30-39 categories, Brian Gallagher of Athens finished first in males 60-69 and

Kathy Harper won females 70 and over. At the Brothers for Life 5K, Daisy Hernandez of Elkmont was the top finisher in the 15-19 female age group, Juan Hernandez was first in males 25-29, Hayden Luyk of Athens won the male 30-34 division, Christel Kennedy finished first in females 35-39, Rick Luyk of Athens was frontrunner in males 60-69 and Kathy Harper of Athens won the female 70 and over category.

Announcements

Calhoun men's basketball will be hosting a prospect camp for grades 10-12 September 17 from 2 till 6 p.m. at Kelley Gymnasium. Cost is \$75. For more information, contact Coach Derrick Powell at derrick.powell@calhoun.edu or call 334-303-3013.

The Jets All-In Campaign has been set up to help various athletic programs at James Clemens. For more information on donating, go online to www.jcathletics.net.

Various fitness classes are being offered Monday through Saturday at the Athens Recreation Center including Super Circuit, Yoga, Balanced Bootcamp, and more. Call 256-233-8740 for more information or visit the Parks and Recreation page on the Athens City website at www.athensal.us.

Hear streaming play-by-play of James Clemens and Limestone County football games this season by going to www.pasnetwork.net. Check out the list of upcoming games to find out when you can hear your team in action.



James Clemens' Jaylen Brown and Athens' Spencer Dowland made football commitments to Missouri and Auburn (Courtesy photos)

Coming September 30: The 17th Annual Shred Day

by Ali Elizabeth Turner

continued from page 1

showed up. As the event grew, it was moved to Calhoun Community College to give access to both Morgan and Limestone residents. In 2017, there was enough support to have a separate Shred Day in Athens and Decatur. Fast forward to September 30 of 2023, and for the third year, Shred Day will be held in the Athens State University parking lot from 9 a.m. until noon.

I spoke with Tricia Pruitt, who was part of that first Shred Day and is regional vice-president of the BBB in North Alabama. Sponsoring a Shred Day back then and continuing on with that free event annually is completely consistent with BBB's mission, "to be the leader in advancing marketplace trust." And helping businesses, non-profits, and individual households protect themselves from fraud is right in their bailiwick. "People invest in us to protect the market place," she said. Tricia also told me



that the year after the first Shred Day, Family Security sponsored a seminar on ways to prevent fraud, and never has that need been greater.

"Shred Day is one of our favorite events, and people are so appreciative," Tricia mentioned, and some of the reasons for that appreciation have to do with the fact that Shred Day is about way more than shredding. It is an important opportunity to safely dispose of medicines, and that part is handled by the Athens Police Department. "If you will bring non-liquid medicines, they will take care of getting rid of them in a way that keeps them out of the water supply," she said. "You CANNOT bring needles to this event," Tricia

emphasized.

One more feature of this event is that there will be an opportunity to safely get rid of electronics. "TVs must be plasma or flat screen," said Tricia. She also mentioned that most other small electronics under 50 lbs. will be accepted, nothing larger.

The trucks that are going to be used are commercial shred trucks that are computerized so that operators can be aware at all times as to what's going on inside. "It is ok to have staples in documents or paper clips, but one year a large piece of metal was in a load, and it wrecked the truck. Also, we cannot take binders or three ring notebooks," said Tricia.

The Athens High School JROTC will be on hand to help, so let's talk a bit about "Shred Day etiquette." "The first thing to remember is that your boxes or bags have to be something that can be lifted out of your automobile. If you were able to load them in by hand, then the volunteers will be able to get them back out. We can't have something that takes three or four people to lift and process," said Tricia. "Also, we are asking that people limit themselves to five bags or boxes," she added. This restriction came about as a result of people in days gone by bringing trailers-full of paper to be shredded, so there understandably needed to have some restrictions in

place. Here is how the morning usually goes. "In the early hours, there is often a line, but the volunteers move things quickly and we often take care of 250-400 people," she added.

To access the event on September 30, you will enter the ASU parking lot on Hobbs Street in Athens, have your items processed in a quick and easy drive-through setup and then exit out of the parking lot on the Pryor Street side. "It should go pretty smoothly," said Tricia.

Tricia smiled as she told me that people start calling about Shred Day beginning on January 2 each year. They ask, "Do you have a Shred Day on the calendar yet?" She is glad that because of sponsorships and community involvement there is indeed the 17th annual Shred Day just around the corner, and it is free to all. Sponsorships and partnerships are still available if you want your business to help other businesses, individuals, and non-profits be more secure. "One more thing," Tricia said. "Shred Day keeps things out of the landfill, and taking care of the environment is always a good thing." See you on the September 30, and let's get ready to shred!



SAVE THE DATE

BETTER BUSINESS BUREAU® OF NORTH ALABAMA PRESENTS

ATHENS SHRED DAY

SATURDAY, SEPT. 30, 2023	ATHENS STATE UNIVERSITY 300 N. BEATY ST., ATHENS, AL 35611 (ENTER CAMPUS FROM HOBBS ST.)	9:00 AM - 12:00 PM
-----------------------------	--	-----------------------

FREE DRIVE-THRU SERVICES INCLUDE:

- DOCUMENT SHREDDING
(5 LARGE BAGS OR BOXES PER VEHICLE)
- ELECTRONIC RECYCLING
(LARGE-BACK TVS AND COMPUTER MONITORS NOT ACCEPTED)
- DRUG TAKE BACK (NEEDLES AND LIQUIDS NOT ACCEPTED)
- FOR MORE INFORMATION, CALL (256) 355-5170

THANK YOU TO OUR SPONSORS











The Value Of Cultural Capital

by Eric Betts, Udemy Instructor in Religion, Leadership and Ethics



One of the most critical needs for leaders interacting in today's world is cultural capital. Cultural capital, a treasure trove of experiences and knowledge garnered from diverse cultures, serves as a crucial cornerstone in sculpting balanced and successful leadership. Dr. Randal D. Pinkett and Dr. Jeffrey A. Robinson are distinguished leaders and authors renowned for their expertise in entrepreneurship and leadership. Dr. Pinkett, a Rhodes Scholar and winner of NBC's *The Apprentice*, is the founder and CEO of BCT Partners, a multimillion-dollar management, technology, and policy consulting firm. On the other hand, Dr. Robinson is an award-winning business school professor at Rutgers Business School and has a deep understanding of how entrepreneurship and innovation can drive economic advancement.

Their collective experience in business and academia, coupled with their extensive research in African American entrepreneurial practices, has enabled them to provide invaluable insights into the intersection of cultural capital and leadership. In their seminal work, Randal D. Pinkett and Jeffrey A. Robinson delineate cultural exposure and capital as a key factor in cultivating leadership capabilities. They assert that immersing oneself in diverse cultures and histories promotes cognitive flexibility, broadens perspectives, and nur-

tures empathy. This cultural capital, as they term it, is not merely about acquiring knowledge, but includes developing a nuanced understanding of different worldviews and practices. This understanding, in turn, fosters a more inclusive and adaptable leadership style. According to Pinkett and Robinson, leaders with substantial cultural capital are better equipped to navigate the complexities of an increasingly globalized world, manage multicultural teams with sensitivity, and make informed decisions that take into account a wealth of cultural contexts.

Pinkett and Robinson emphasize the importance of exposure to diverse people, places, and possibilities in shaping a leader's mindset and capabilities. Visiting diverse environments, from a rural countryside to buzzing urban centers or even virtual

worlds, can broaden horizons and engender adaptability. Furthermore, they highlight the role of exposure to new possibilities in sparking innovative thinking. For instance, merging a proficiency in law with a passion for hip-hop could lead to a career as an entertainment lawyer. This kind of interdisciplinary approach promotes thinking beyond traditional boundaries and encourages the development of unique problem-solving strategies.

Such exposures not only serve to enrich our perspective but also equip us with a wide array of tools to overcome challenges and seize opportunities. This involves immersing ourselves in different cultures, concepts, and circumstances, which ultimately enhances our cognitive flexibility and empowers us to think creatively and innovatively. This, Pinkett and Robin-

son argue, is the transformative power of cultural capital.

Cultural capital is further built by actively seeking out and engaging with a wide range of concepts, ideas, and ways of thinking. This can be achieved through a variety of avenues such as reading extensively and researching diverse subjects. Reading is not limited to books; it includes newspapers, blogs, scholarly articles, and anything that offers fresh insights and perspectives. It exposes us to different writing styles, voices, and experiences that we may not otherwise encounter.

This type of exposure broadens our understanding and promotes critical thinking. It involves evaluating multiple sources of information, which in turn fosters a sense of skepticism and discernment, crucial for effective

leadership.

Engaging in conversations with others, especially those outside our immediate circles, also greatly contributes to this end. Dialogues with people of different backgrounds, professions, and ideologies provide firsthand exposure to alternative viewpoints, fostering intellectual growth and cultural sensitivity. Pinkett and Robinson encourage engagement in a diverse array of experiences, like attending lectures, film festivals, museums, workshops, and seminars, which greatly enhances cultural capital. These events provide immersive encounters with a wide range of knowledge domains, from the intricacies of cinematography and the subtleties of art, to the dynamics of architecture and various industries.

They also recommend exploring the architecture in your city or learning a new language as another way to enrich cultural capital. Architectural structures are embodiments of a place's history, culture, and progress, while language is a gateway to understanding a different culture's mindset, customs, and way of life. All these experiences contribute to building cultural capital, equipping a leader with a well-rounded, informed perspective, primed for innovative thinking, problem-solving, and effective decision-making.



Hello, Are You Listening?

by Jackie Warner

Career Development Facilitator
"Impact, Engage, Grow" Community Matters



I listened so intently on each word that was spoken, for I knew it was all from the heart -- women from all walks of life and backgrounds sitting in the room sharing what we all have in common -- our health!

The seminar was almost over, and then came one more presenter, she was a nurse and she gave us the simplest but most vital advice. She said "Listen to your body." Stop and just listen to what your body tells you. It tells us what we need to hear but we tend to ignore the calls. We go to the doctor and expect a miracle or the ultimate cure. No one else can hear or feel what we do.

When we listen, our bodies have a way of telling us what we need more or less of:

- Check in with yourself often. Start with faith and prayer for your health and wellness life journey.
- Keep a journal - Write it down...date...who...what...when...how...
- Don't avoid or tune out the warning signs.
- Exercise your body and your mind. Move from your current physical and mental state.
- Meditate.
- Be still.
- Observe... Look at yourself with intention.
- When eating, ask yourself,



Listen To Your Body!

"Will this food nourish, sustain, or exhaust me?" Eat clean, natural, and local.
▪ Think about what you need, not what you want.

▪ Trust your gut and intuition.
Until Next Time, Be Sincere, Kind and Intentional

Jackie Warner, Community Outreach Specialist
Email: thebridge.us@gmail.com
Check out upcoming events: <http://thebridge-us.yolasite.com/>

Tennessee Valley Spotlight

Mondays at 10am
1080 AM WKAC

ALIGNMENT

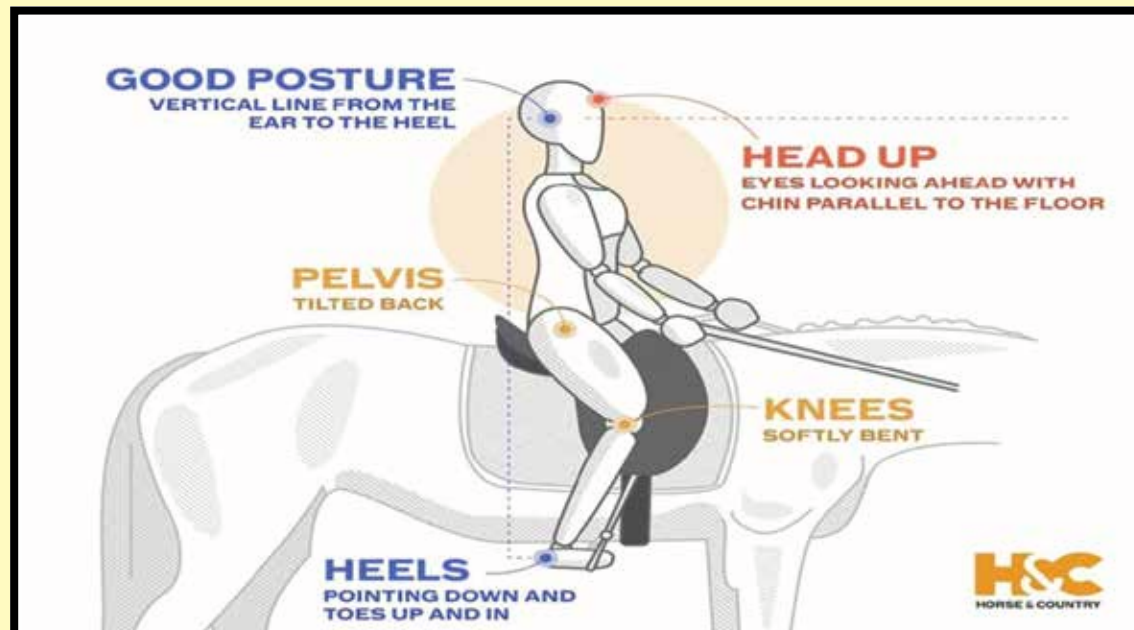
by Deb Kitchenmaster

Alignment is a force worth getting to know and experience in all arenas of our lives. To be aligned, you personally are in a certain position. You are in a union, an agreement, a partnership with someone, something, a group or a nation(s). Inside a horse arena or outside the horse arena ALIGNMENT is noteworthy.

Alignment with a horse means that you, the rider, are balanced and centered over the back of the horse, as well as being aligned with the moves and curves of the horse. Alignment is your key to stability and security when you are in the saddle. Pay attention to your saddle. If the saddle seat is bigger than what you need, when movement begins, you may not be secure in the saddle because of too much space. Likewise, if the back of the saddle is too high for your frame, when movement begins you will be positioned forward too much. The alignment that you are looking for is to have your ears, your shoulders, your hips, and your heels be in line.

When your focus is on aligning with someone or something (horse), it brings body awareness and teaches a language that allows clearer communication between each other.

Your hands! Your hands are probably the most powerful tools you can have in your tool belt. Hold your hands still.



‘soft’ eyes. Focus on your breathing. Deep, steady breathing can help you relax and stay focused while riding. Try to take slow deep breaths in through your nose and out through your mouth (like blowing out a candle) to help you maintain balance and control.

Legs! The legs absorb shock. The practice of developing a stable leg that is not gripping but still and relaxed is at the foundation of you staying on your horse. When you have a slight bend in your knee, it opens your knees, and you are free to position your toes to be

straight and lifted. Gripping with your thighs or knees pushes you out of the saddle, and you are in an unstable position. If the toes are out and not lifted, one experiences gripping with the calves of the legs and again there is a lack of stability. How then do we find our correct leg position? First, take your feet out of the stirrups (know your mounted horse). Bring your legs up and then set them down in your stirrups. Your legs feel nice and loose against the saddle. There is an opening from the hip to the knee. Remove your feet from the stirrups, point



the knee down. This opens the hip flexor. One feels free to swing at the knee. Now find your stirrups. Simply wiggle your ankle and catch your stirrup. Once you find your stirrup, you’re going to lift your toe up. It’s important not to press your heel down because that locks your knee and your ankle when you do that. Your ankles are shock absorbers, so you want them positioned properly.

Muscles! Note to self, “I will be using muscles in my legs that may need to be strengthened.” Attention hamstrings, quadriceps (stabilizer to hips), and medial gluteus. In lifting my toes, my calves are involved, which will call for strength in my Achilles tendon.

Stand up in your stirrups (know your mount) with hands off of reins. You don’t want to feel like you’re falling forward or backward. You want to simply experience, while standing in the stirrups, stability and safety.

Be gentle, patient, and kind with yourself. You may need to break some old habits (gripping) or build muscle(s). It takes time to build that muscle memory and feel comfortable. You are now in the midst of ‘PROCESS.’ Enjoy and remember ‘LOOK UP.’

*Your NEIGHbor,
Deb Kitchenmaster*

256-426-7947

horsinaround188@gmail.com

The Mechanics Of Anger

by Lisa Philippart,
Licensed Professional Counselor



“When angry, count to ten before you speak; if very angry, count to a hundred.”

- Thomas Jefferson

We can all think back on times when anger led us to poor decisions, regrettable behavior, or hurt feelings. But no matter what role anger plays in your life—from occasional irritability to incarceration—the key to dealing with anger more effectively is to understand how it works. Let’s take a look at some of the common myths and misunderstandings we might have about anger.

Let’s begin by making an essential distinction right off the bat: Anger is different than aggression. Psychologically speaking, anger is an emotion while aggression is a behavior. Even though these two words seem almost synonymous, they differ completely on one key dimension....control. As I have mentioned in previous articles, technically speaking, you can’t exert direct control over any emotion, including anger. And because you can’t control your emotions directly, you can’t be responsible for them. In fact, this distinction is part of our legal system. Nobody gets sent to prison for how they felt, no matter how angry or emotional they were. Instead, the

punishment is based on what we do, including acting aggressively toward other people. You can only influence your emotions indirectly by way of how you think and how you behave. For example, you can choose to ruminate on all the terrible drivers in this town (increase anger) or you can contemplate how grateful you are that you’ve never been in a serious car accident (decrease anger.)

You can’t control anger directly, but you can control your aggression. Specifically, most people assume they should manage their anger (after all, everyone talks about anger management, right?). But when we try and inevitably fail to do so, two unfortunate things happen: First, we feel angry and disappointed in ourselves. Second, we waste valuable psychological resources that could have been much better spent managing our aggression. Put another way, the cost of trying to control your anger is losing control over your aggression. If trying to control your anger only makes it stronger, and makes it more likely that you’ll act aggressively, the solution is to invert or flip the relationship. Acknowledge and accept your anger for what it is and direct your efforts at control toward your aggression instead. And remember, aggression



does not just mean big acts of violence. Being overly critical or judgmental of someone in your mind is an act of aggression, as is replying sarcastically or rolling your eyes at someone.

Another misconception about anger is that you have to express your anger in order to release it. The idea that we need to express, release, or vent our anger or else it will become destructive has been around since the days of Freud, which is certainly long enough to seep its way into popular culture and imagination. The only problem is, it’s not true. Research consistently shows that the cathartic theory of anger (venting or ruminating on your anger in order to release it) does nothing to lessen its intensity. And in

fact, it actually makes it stronger! On the other hand, doing nothing or simply distracting yourself tends to lead to less intense anger and a lower likelihood of acting aggressively. There is an important distinction between the emotion of anger and the issue behind the anger. For example, if you are frustrated with a co-worker who is late with her monthly report again, venting about it to a friend isn’t helpful. However, having a respectful and honest con-

versation with your co-worker about the issue likely will be. In other words, try to address the source of the anger, not the anger itself.

In my next article we will continue with understanding the myths of anger, beginning with anger as a negative emotion.

Lisa Philippart is a Licensed Professional Counselor, providing mental health services through her own private practice in Madison, Alabama.

Lisa Philippart LPC LLC
NCC, BCPCC, BC-TMH
Licensed Professional Counselor
Living Life Counseling Center
44 Hughes Rd, Suite 1050
Madison, AL 35758
256.326.0909 cell
256.631.7898 office
256.542.3366 fax
urlifematters@hotmail.com or
Lisa.P@livinglifecounselingctr.com
livinglifecounselingctr.com



The Alternative Approach

The Next Super Supplement

by Roy Williams



What you are about to read may seem “too good to be true” but trust me it is real, and we have the science to back it. In this article we are going to explore the proven benefits of a medically discovered supplement that has the potential to change the lives of everyone over the age of 40.

It is called NMN (nicotinamide mononucleotide), which is required to produce NAD⁺, a critical coenzyme found in every cell of the human body. NAD⁺ helps transform nutrients into energy in cellular metabolism and assists the proteins that regulate other cellular processes. With age, NAD⁺ decreases and with the decline, aging is accelerated.

NMN supplementation has remarkable therapeutic effects on treating metabolic problems and other diseases. NMN is capable of supporting healthier NAD⁺ back to levels comparable to that of a much younger person. The results have proven so profound that the pharmaceutical industry is trying to force it under prescription use only, even though all the research shows it to be

safe.

Here's how NMN can boost your health in a variety of ways.

NMN, energy and endurance: One of the most profound benefits is NMN's ability to increase energy metabolism and improve physical performance. Energy metabolism is the process of producing energy from the nutrients we receive from food or supplementation. According to research, NMN has significant preventive effects against age-associated degradation in energy metabolism and can stimulate physical activity in mice.

According to another study on treating 18-month-old mice with NMN, the animal subjects showed a 56 to 80 percent improvement in endurance after two months. Beneficial effects were also seen in mice up to 32 months old, equivalent to humans in their 80s. Cerebral blood flow to active brain areas ensures enough oxygen and nutrients to carry out its functions.

NMN for eye function improvement has been demonstrated: The loss of NAD⁺ levels could lead to neurodegeneration in

the eye and vision loss. Replenishing NMN can prevent negative consequences and restore vision. Long-term NMN administration significantly enhances eye function and tear production. Another study showed that NMN could also protect eye cells and reduce inflammation in dry eye disease by triggering DNA maintenance and a health-promoting protein.

NMN and heart failure: Heart failure is associated with mitochondrial dysfunction. It is critical to restore or improve mitochondrial health to prevent heart failure. Research has shown that short-term administration of NMN successfully protected the mice against heart failure by protecting mitochondrial ultrastructure and avoiding cell death in the heart. The findings have also concluded that NMN administration can be a promising therapy for cardiac diseases.

NMN may suppress body weight gain: This remarkable result may decrease other disorders associated with weight gain. Human muscle mass declines as we get older, but our fat mass grows. This fat mass growth is one of the causes of age-associated body weight gain. NMN administration significantly suppressed age-associated body weight gain in mice after 12 months without any sign of apparent toxicity.

NMN may support better health for diabetics: Insulin sensitivity re-



fers to how sensitive the body's cells react to insulin. High insulin sensitivity helps the body cells use blood glucose more effectively, resulting in lower blood sugar levels. In contrast, low insulin sensitivity can progress to type 2 diabetes and weight gain. According to research, long-term NMN administration can reduce the age-associated decline in insulin sensitivity in mice.

NMN has been shown to improve memory: Many users of NMN experience improvements in cognitive function, making them feel sharper or better able to concentrate. We also see in studies that NMN has beneficial effects on brain functioning, like improving cognition and blood flow in the brains of mice.

NMN and healthier blood flow: Studies show that NMN rejuvenates aged blood vessels. NMN considerably improves vascular elasticity in old animals. Old mice that receive NMN have blood vessels that dilate as well as young control mice. In contrast, dilatation of the blood vessels was considerably impaired in old mice that didn't receive NMN.

NMN improves stem cell health and generates new cell growth: During aging, stem cells decline, and the remaining stem cells often become dysfunctional. This contributes to aging, given stem cells generate new cells and maintain our tissues. Various studies show that NMN, or boosting NAD levels, can improve stem cell health and self-renewal.

NMN helps cells to repair their damaged DNA: DNA damage is one of the reasons why we age faster. Mice that were given NMN had significantly less DNA damage (as measured by alpha-H2AX), a biomarker for DNA damage. Another very impressive marker is that liver cells in old untreated mice had much more DNA damage compared to old mice treated with NMN.

NMN is now available at NHC Herb Shop in Killen, Herbs & More in Athens or by calling 256-757-0660. Slow down the aging process and enjoy a higher quality of life.

*Your friend in health,
Roy P. Williams*

Herbs & More
www.newnutritionalhc.com

Roy Williams
Gwen Williams
Abbie Cooper

622 S JEFFERSON STREET
ATHENS AL 35611
256.233.0073
nhcherbs@att.net



Cooking with Anna (continued from page 13)

A New Season Is Here!

by Anna Hamilton

appreciated.

David was a man after God's own heart. He was one of the greatest kings of Israel, but David was not always walking the halls of a royal palace. David began his life as a humble shepherd. He watched over sheep in the field for his father. When Samuel came to anoint a new king for Israel, he just looked at David and dismissed him. David was in a season where he was serving as a shepherd. He didn't look the part of a king, but God had different plans. God took a simple shepherd and made him the most powerful person in Israel.

Ruth had left her family to marry. She moved with her husband's family to a different land, and then her husband died. She was left with her mother-in-law and that was it. They were forced to go back to her mother-in-law's homeland where Ruth knew no one. Ruth begged for food and was allowed to pick up the scraps left in the wheat field just to have enough to make bread. Ruth was a diligent servant. She never complained and continued to be faithful to her mother-in-law, her only family left. The hard work of Ruth did not go unnoticed. Boaz, the owner of the field where Ruth was harvesting wheat, noticed her and invited her to eat with him and his workers. Boaz and Ruth married and are listed in the genealogy of Jesus Christ. Ruth's season of trial was just before her season of greatness.

Saul truly believed that he was in the right when he was on a mission to rid the world of Christians. He set out for Damascus to help bring more Christians to prison when he was confronted by Jesus in a vision. Jesus knew that he would be one of the most important people in the spreading of the Gospel throughout the world. Saul was in a season of persecution before his season of salvation when he became Paul. If you look up the meaning of the name Paul, it is humble. Saul became Paul, God's humble servant.

The Bible is filled with countless examples of people who are in different seasons of their lives. Never judge someone from the season they find themselves in. It could be right before greatness. God can use everyone, no matter their current circumstance. We truly serve the God of great comebacks!

This week's recipe is another football party favorite -- nachos! Now these nachos use cauliflower for their base instead of fried tortillas. I know, I know, everyone is putting cauliflower in everything these days, but trust me, these are great! The humble cauliflower is the perfect base for nachos. My recipe includes our favorite nacho toppings, but please feel free to top them with your family's favorites.

"For the vision is yet for the appointed time; It hastens toward the goal, and it will not fail. Though it tarries; wait for it; For it will certainly come, it will not delay." Habakkuk 2:3

**HAZEL GREEN
CHIROPRACTIC**
Dr. JOHN BOYLE

13971 Highway 231/431
Hazel Green, AL 35750

Tel: (256) 828-4288
Fax: (256) 828-4250
hazelgreenchiropractic@yahoo.com
hazelgreenchiropractic.com



New & Used Tires
Wheel Alignments

All Size Tire Repair
& Auto Repair



**Athens Auto Tire
&
Wrecker Service**

24 Hr. Road & Wrecker Service



306 Fifth Avenue
Athens, Alabama 35611

Tommy Morris
Office: 771-7537

Can Christianity Save America?

by Mae Lewis

During the pandemic, much of the political conversation was about people gathering in churches across the country. While it was an unfortunate fact that churches were not able to gather together for a time, I was grateful that the church in general was being forced to stop and ask, "What is the church, and what does it look like?" The American church has been overdue for some self-reflection for a while now.

The message of the American evangelical church has changed greatly in the last 20 years. Many have lamented the loss of the millennials in the church and blame it on the culture, but I blame it on the church. The church has forgotten what they are here to do, and many of my dear friends, brothers, and sisters have been mortally wounded by misguided evangelicalism masquerading as patriotism.

The church is at a crossroads where they must choose whether to pledge allegiance to God, or to pledge allegiance to the United States. Do not misunderstand me. I am deeply patriotic and grateful to the men and women who gave their lives for our freedoms. I am proud to be an American. I believe we are a nation blessed by God, but the church has become confused about its allegiance. The evangelical church has stopped pursuing the Kingdom of God, and instead has pursued the power of America:

- We have replaced "Christ as Lord" with the Presidential Office (1 Peter 3:8-15).
- We have replaced "love your enemies" with "the right to bear arms." (Matthew 5:44)
- The church speaks disparagingly about immigrants and refugees and forgets the welcoming of strangers. (Leviticus 19:33-34).

• The church has forgotten that the reason man was created is to care for the earth itself, its climate, and its animals (Gen 1:24-29).

• The church has forgotten that ALL life is sacred, not just the unborn (Matthew 5:21-22).

• The church has forgotten that Scripture is our primary authority, and the Bible and the Constitution are NOT the same - not even on the same level. The Constitution is NOT Holy Scripture. (Mark 7:8-13)

• Racism and Nationalism are SIN (Galatians 3:28), and the secular culture (not the church) is calling for a repentance of those things, and the church treats it as politically misguided.

• We have forgotten the mandate to "pray for our enemies" (Matthew 5:44), and instead join in the mud-slinging at the liberal left. In fact, we have made the individuals who comprise

the liberal left the enemy of the church...forgetting that our weapons are not "of flesh and blood." (Ephesians 6:12)

It is false to think that religion will save America. It is false to think that Christianity will save America. Because Christianity doesn't save nations. Christianity saves people. Christians have important obligations to do whatever they can (including through political means) to help our neighbors, but we have forgotten what the fight is really about. We have been fighting spiritual battles as though they are political ones, and completely forgetting that Christ eschewed politics. Many of the "political" problems we are facing today are a failure of the church to be the church.

The claims of Christianity transcend political order, and we have stooped to politics to solve eternal problems. Governments are transitory, political victories are transitory.

Our fight needs to be for the eternal kingdom.

We are at an impasse. Christianity is about declaring Christ as king, and is about submitting ourselves to God. Christianity in its truest nature is adverse to consumerism, since it demands surrender to God, but American culture is based on Consumerism. Christianity by definition goes against the culture, but we no longer know where America ends and the church begins. We must decide where our loyalties lie. Do we want to be a Christian Nation? Or a Christian Church?

How we strategically and prayerfully respond to this will determine the "new normal" in our country. I'm not talking about how we keep moving past the pandemic, or how we move past racism (although the church's responses to those things are certainly indicative of our heart). I'm talking about how the church redefines itself as "the church"--the bearers of truth, the light in the darkness. The church needs to repent of the jingoism which is consuming it.

The church needs another Reformation, and America needs another Reawakening, but whether or not those things happen will depend on how much we are willing to sacrifice the temporal and transitory for the eternal and lasting. Love for the Kingdom of God must replace the love of the world. Are we willing to bow our knee in repentance to Christ, our first allegiance?



BUYING^{OR} SELLING?



TROY ELMORE

REALTY AND AUCTION

Logan Elmore

256-777-4993



Office:

256-232-9604

LoganElmoreRealEstate@gmail.com

FOR SALE



Spacious Home in City Limits

5 BD / 3 BA

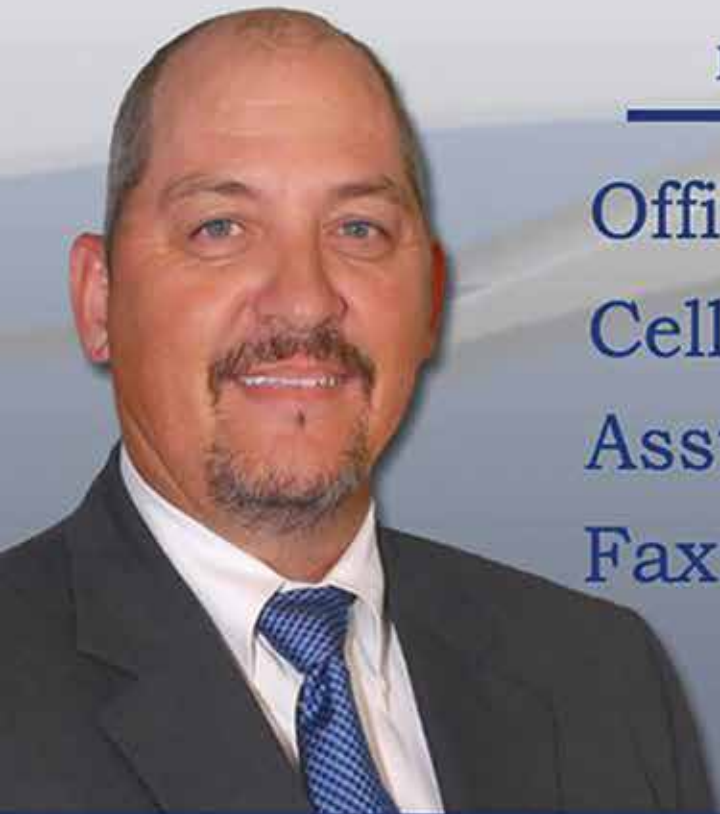
**30 Sandra Lane
Athens, AL 35611**

\$279,900

CALL TO VIEW!

Troy Elmore

BROKER/OWNER/AUCTIONEER/REALTOR®



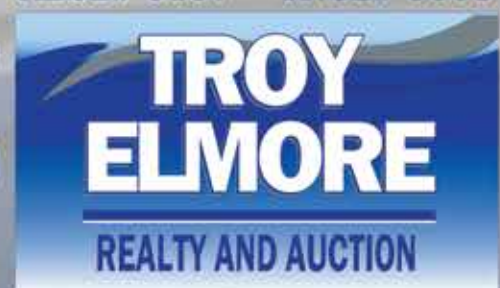
ALSL# 5137 ~ TNSL# 6503

Office: **256.232.9604**

Cell: **256.777.3710**

Asst: **256.679.6353**

Fax: **256.232.9583**



www.TroyElmore.com

121 CLOVERLEAF DR, STE A ATHENS, AL 35611

This Office Is Independently Owned and Operated

trellmore@aol.com



MLS

Licensed in Alabama & Tennessee!

**TROY
ELMORE**
REALTY AND AUCTION

RESIDENTIAL • LAND • COMMERCIAL

121 Cloverleaf Drive Athens, AL 35611



Troy Elmore

**Your Local
Real Estate Expert**

Serving Athens for 20 years.

256-777-3710

www.TroyElmore.com

trelmore@aol.com

Call **TODAY** for a **FREE CONSULTATION!**

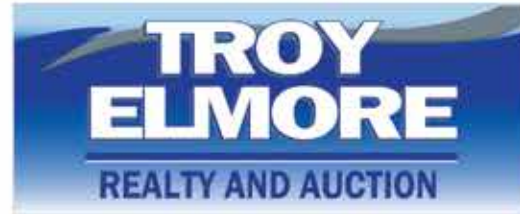


SUDOKU

6	3		4		8			
8				1		3	6	
5							8	7
2		5		4	1	6		
9			6		2			8
		7	8	5		1		2
4	5							6
	9	3		8				4
			3		4		5	1

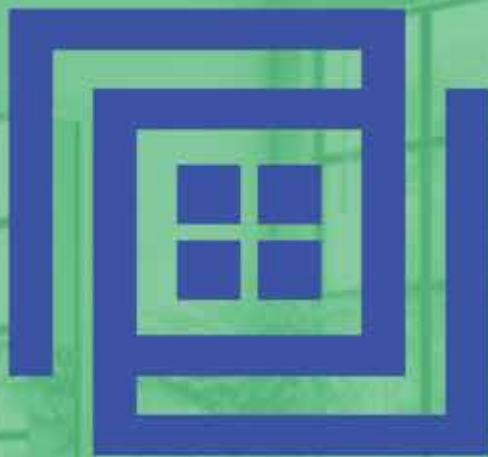
Intelligence
without
ambition
is a bird
without wings.

~ Salvador Dali



ANSWER KEY:

7	2	6	3	9	4	8	5	1
1	9	3	5	8	6	7	2	4
4	5	8	1	2	7	9	3	6
3	6	7	8	5	9	1	4	2
9	4	1	6	3	2	5	7	8
2	8	5	7	4	1	6	9	3
5	1	2	9	6	3	4	8	7
8	7	4	2	1	5	3	6	9
6	3	9	4	7	8	2	1	5



EARTHSMART
WINDOWS & DOORS

**YOUR
WINDOW,
DOOR &
SUNROOM
EXPERTS**

256.693.5458 | sales@earthsmartwindowsanddoors.com

TROY ELMORE

REALTY AND AUCTION



ESTATE LIQUIDATION

in Alabama and Tennessee!

We specialize in assisting families, trustees, executors, and others in estate liquidation, downsizing, and business liquidation.

It can be a difficult and intimidating process. Let us use our experience and expertise to help get the results you are looking for.

CALL TODAY FOR A FREE CONSULTATION

www.TroyElmoreRealtyandAuction.com

TROY ELMORE

ALSL# 5137

256-777-3710

**FREE
INSPECTION
&
QUOTE!**

NEED ROOFING?



**MCPMAHAN CONSTRUCTION
& ROOFING**

256-527-6549

LICENSED AND INSURED

REAL ESTATE

PROPERTY FEATURES

- TN River View
- 3 Bedrooms
- 2 Bathrooms
- Screened Porch

OFFERED AT
\$429,900

CONTACT TROY

(256) 777-3710

troyelmore.com

trelmore@gmail.com



MLS# 1835692

**ARE YOU LOOKING FOR
YOUR DREAM HOME?**



**Call Me For
More Info!**



Troy Elmore

BROKER/OWNER/AUCTIONEER/REALTOR®

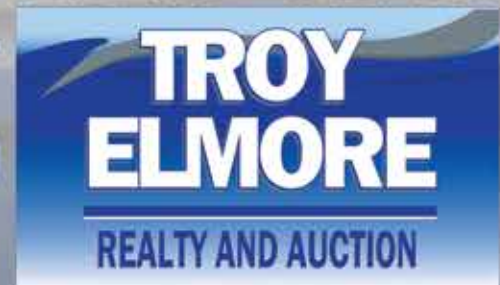
ALSL# 5137 ~ TNSL# 6503

Office: **256.232.9604**

Cell: **256.777.3710**

Asst: **256.679.6353**

Fax: **256.232.9583**



www.TroyElmore.com

121 CLOVERLEAF DR, STE A ATHENS, AL 35611

This Office Is Independently Owned and Operated

trelmore@aol.com



MLS

OUR PAST SUCCESSES SPEAK FOR THEMSELVES!

HUNDREDS OF PROPERTIES
AUCTIONED AND SOLD!

Experience Matters!

TROY ELMORE

REALTY AND AUCTION

RESIDENTIAL • LAND • COMMERCIAL

CALL TROY ELMORE!

ALABAMA LIC# 5137
TENNESSEE LIC# 6503

256-777-3710